

Aromatherapy Oils for Air Purification

~Nel

1. Tea Tree Oil – powerful antibacterial, antiviral, antifungal.
2. Eucalyptus Oil – clears airborne germs, freshens the air.
3. Lemon Oil – uplifting, antibacterial, and antiviral.
4. Lavender Oil – calming, antibacterial, antifungal.
5. Peppermint Oil – antimicrobial, refreshing, helps with respiratory clarity.
6. Rosemary Oil – antibacterial and stimulating, clears stale air.
7. Oregano Oil – very strong antibacterial and antiviral properties.
8. Cinnamon Oil – highly antimicrobial and purifying.
9. Clove Oil – antiviral, antibacterial, antifungal (potent).
10. Thyme Oil – purifies and strengthens immunity.
11. Frankincense Oil – antimicrobial, grounding, clears the atmosphere.
12. Geranium Oil – balances mood and kills airborne bacteria.
13. Bergamot Oil – uplifting, antimicrobial, and cleansing.
14. Grapefruit Oil – fresh, antiviral, antibacterial.
15. Pine or Fir Needle Oil – disinfecting, clears odors, grounding.



Tips for Use:

- Diffuser: Add 5–10 drops to water in a diffuser.
- Spray: Mix 10–20 drops with water + a little witch hazel in a spray bottle.
- Steam Bowl: A few drops in hot water to inhale and cleanse the air.